


# **PRESCRIPTION DISPOSAL AND SAFEGUARDING YOUR MEDICATIONS**

## **How to Dispose of Prescription Drugs:**

- DO NOT FLUSH or POUR prescriptions directly down the drain. Protect our soil and water.
- Take unused or expired prescriptions out of their original containers and remove personal information from the bottle.
- If medication is solid, crush/smash it or add water to dissolve. Mix with an undesirable substance like coffee grounds or cat litter.
- Place in ordinary containers such as sealable bags and throw in the trash.



Please take a brief survey  
by going to the following website:  
<http://gocyf.az.gov/SAP/>

- In Arizona, more than 1-in-5 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders reported abusing prescription drugs in their lifetime and 1-in-10 reported abusing prescription drugs in the last 30 days (Arizona Youth Survey).
- More than 3-in-5 teens say prescription pain relievers are easy to get from parents' medicine cabinets.
- Unused medications improperly disposed of can harm you and your environment.

## **How to Safeguard your Medications:**

- Keep track of the types and quantities of medications you have at home, and use a locking cabinet to prevent access.
- Set clear rules in your home about all drug use - don't share medications and always follow the medical provider's advice and dosages. Be a good role model by following these rules.
- Do not mix different medications together in one container.
- Follow prescription drug disposal guidelines.
- Ask friends and family (including grandparents) to safeguard their prescription drugs as well.

Resources:  
[www.azdeq.gov](http://www.azdeq.gov)  
[www.whitehousedrugpolicy.gov/drugfact/](http://www.whitehousedrugpolicy.gov/drugfact/)  
[www.dea.gov](http://www.dea.gov)